

2012 Employee Wellness Interest Survey

Workshop Topics (generally one hour in length, or shorter if requested)

Health

- ☐ Understanding Your Health (LGC)
- ☐ From One End to the Other
- (Nutrition/Colorectal Health - LGC & Anthem)
- ☐ Self Care (LGC)
- ☐ Injury Prevention for Weekend Warrior (LGC)
- ☐ Fitness 101 (LGC)
- ☐ Nutrition 101 (LGC)
- ☐ Obesity: What Can You Do? (LGC)
- ☐ Men's Health: Tune Up for Life (LGC)
- ☐ Women's Health (LGC)
- ☐ Know Your Numbers (LGC)
- ☐ Understanding Your Blood Pressure (Anthem)
- ☐ Cancer Prevention (Anthem)
- ☐ Diabetes 101 (Anthem)
- ☐ The Heart Truth for Women (Anthem)
- ☐ Healthy Aging (Anthem)

Mental Wellness

- ☐ A Piece of Peace (LGC)
- ☐ Sleep Smarts: Improving Sleep Habits (LGC)
- ☐ Sleep Smarts: Improving Sleep Habits for Shift Workers (LGC)
- ☐ Healthy Holiday Stress Management (Anthem)

Workplace

- ☐ Back Safety (LGC)
- ☐ Blood Borne Pathogens (LGC)
- ☐ Ergonomics (LGC)
- ☐ Beyond the Obvious (EAP)
- ☐ Burnout (EAP)
- ☐ The Grieving Workplace (EAP)
- ☐ Workplace Change Part 1 (EAP)
- ☐ Workplace Change Part 2 (EAP)
- ☐ The Power of Positive Thinking (EAP)
- ☐ Compassion Fatigue (EAP)
- ☐ Constructive Confrontation (EAP)
- ☐ Coping with Uncertainty (EAP)
- ☐ Reasonable Cause (EAP)
- ☐ Respect in the Workplace (EAP)
- ☐ Sexual Harassment in the Workplace (EAP)
- ☐ Success in Unsettling Times (EAP)
- ☐ Understanding Attitudes (EAP)
- ☐ Stress Less in the Workplace (Anthem)

Family

- ☐ Caring for the Elderly (LGC)
- ☐ Caregiving for Those You Love (EAP)

Seasonal

- ☐ Summer Safety (LGC)
- ☐ Winter Safety (LGC)

Tobacco Cessation

- ☐ Tobacco Road: How to Navigate the Tricky Corners, Detours & Pot Holes of Tobacco Cessation (LGC)
- ☐ Freedom From Smoking (7 weeks) (EAP)

Health Benefit Program

- ☐ Anthem's 360 Program
- ☐ Your Rx Benefit (LGC)

Interactive Health Demonstrations

___ Skin Analyzer – The Skin Analyzer machine can help employees learn more about the power of prevention by providing an individual assessment of skin damage caused by the sun. Participants will also receive skin damage prevention tips. (LGC and Anthem)

___ Grip Strength Dynamometer- The Grip Strength dynamometer provides a useful and quick assessment of participants' general upper body strength. (LGC)

___ Simulated Smoker's Lung Demonstration- This graphic demonstration can increase employees' awareness of the dangers of smoking by visually illustrating how a diseased lung looks and functions in comparison to a healthy lung. (LGC)

___ Body Composition Analysis – The bioelectrical impedance body composition monitor sends an extremely weak current through the body and then accurately estimates body fat percentage in comparison to muscle mass. (LGC and Anthem)

___ GloGerm Demonstration- GloGerm provides awareness on how easily germs can spread and how proper hand washing can minimize the risk of developing illness from germs. (LGC)

___ Fatal Vision Goggles- Driving while you are tired has been likened to driving under the influence. This training tool vividly demonstrates the concept of impairment and the dangers of driving while fighting fatigue. (LGC)

___ Sit and Reach Box – A certain level of flexibility is essential for injury prevention and ability to carry out the activities of daily living. The sit-and-reach test will assess hamstring and low back flexibility. (LGC)

___ Nutrition Lunch Box – The nutrition lunch box is an interactive tool that allows members to see the "true" servicing size of commonly consumed foods. It offers comparisons of food serving sizes to everyday objects (e.g., 1/2 cup of ice cream = 1/2 baseball) and is a great accompaniment to LGC's Nutrition 101 workshop. (LGC)

___ Blood Pressure Screening - About one in every four American adults has high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. The good news is that it can be treated and controlled. Come have your blood pressure taken and recorded. Reference materials will be available to learn more about high blood pressure. (Anthem)

___ Tobacco Cessation Items – What's in tobacco smoke? Consequences of Second Hand Smoke, The consequences of smoking, Tar Jar, Mr. Gross Mouth, Lou Wheeze smoker's lungs. (Anthem with Breathe NH Lending Library)

___ Health Fair (numerous tables on health information & resources) (LGC, Anthem, DHHS and EAP)

Please list additional topics you would like presented below

What environmental/policy changes would you like to see at your agency? For example, tobacco free campus, healthy food services, showers/changing rooms, etc.



2012 Employee Wellness Interest Survey

Employee name (optional): _____

Agency: _____

The State of NH Wellness Program encourages each agency to take advantage of the many wellness workshops, interactive health demonstrations and informational resources available through our vendors, as well as through other state agencies. On page 2 of this survey, please place an "X" next to the workshops and screenings that you would like further information on, or have implemented at your worksite. These workshops are provided by the Local Government Center (LGC), Anthem, or the NH EAP. **Please return the completed survey (both sides) to your agency wellness coordinator.**

For planning purposes, please complete the following items:

1. Please check the best time to offer these services:

☐ Morning ☐ Lunch hour ☐ Afternoon ☐ Evening

2. If given the opportunity to have a workshop or interactive health demonstration, would you take the time and attend this event? ☐ Yes ☐ No

3. What day of the week would be best for you to attend a workshop or interactive health demonstration?

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday

Thank You for taking the time to fill out this survey (2 sided)!
Please return it to your wellness coordinator.

Wellness Coordinator Information:

To schedule workshops, please contact:

State Wellness Program: Michael Loomis, State Wellness Program Specialist at 271-4103 or Michael.loomis@nh.gov

LGC: William Byron, Assistant Risk and Health Manager at 800-646-2758 x208 or wbyron@nhlgc.org

Anthem: Lisa Marzoli, Anthem Wellness Coordinator at 695-7559 or lisa.marzoli@anthem.com

EAP: 800-852-3345 ext 4336 or www.dhhs.nh.gov/hr/eap/contact.htm